Caring Well

Health Directives, Elder Care and Family Decisions

Dr. Folake Ojo

FREE SAMPLE

Chapter 1

A compassionate guide to medical directives, caring for ageing parents, and keeping health records the whole family can reach when it matters.

Every family has a story about the day something went wrong and nobody knew where to start. This chapter looks at health directives and why it matters for continuity. Does your family know your wishes for medical care? Reflect on this before moving on, and note one thing you could change this week.

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Try this: Collect each family member's blood group, allergies and doctor's contact.